

# Grassroots Mental Wellness: The Role of Environmental Toxins and Food Allergies

## Making the Most of Your Mental Illness Series

Sue Westwind, is a Holistic Mental Health Coach through the American Association of Drugless Practitioners (AADP). She holds a Bachelor's degree in Education and Master's in Religious Studies. For several years she operated a private therapy practice utilizing hypnotherapy, bodywork, and transpersonal counseling in Lawrence, KS. Besides battling rapid-cycling depression and anxiety for three decades, she was also stricken by constant migraines and chronic fatigue. After adopting an infant later diagnosed with autism, Sue and her husband used nutrition and environmental medicine to bring their daughter back into speech and sociability. This inspired Sue to adapt her child's remedies to find her way back to clarity, energy, and optimism. Key for her own healing was the discovery of how food allergies and toxic elements were making her sick in body and mind.



**WHAT:** 1.5 hour educational program

**WHEN:** Thursday, August 26, 2010; 7:00 p.m. – 8:30 p.m.

**WHERE:** Old Mission United Methodist Church, 5519 State Park Rd., Fairway, KS 66205

**WHO SHOULD ATTEND:** Individuals with a diagnosed or undiagnosed mental disorder, their families and significant others, as well as care providers. The community and healthcare professionals are welcome to attend.

After attending this program the participant will be able to:

- Better understand how a special diet, yeast cleanse, and addressing nutrient deficiencies can lead to the healing of chronic depression, anxiety, chronic fatigue and migraines.
- Describe the role of the most common food allergens—wheat (gluten) and dairy—as well as severe imbalance of gut flora—in fluctuations of mood that can lead to psychoses.
- Identify neurotoxins that affect mood and behavior, and choose from an array of detoxification options.

**REGISTRATION: Program is free. CEU's \$10.00 (Certificate of Attendance).**

Please complete form below and email/mail/fax prior by the Aug 22<sup>th</sup> workshop. Any questions contact Stacy Davis at 913-281-2221, ext. 112 or [sdavis@mhah.org](mailto:sdavis@mhah.org); Program is FREE. CEU's \$10.00. (Please make checks payable to MHAH).

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Organization \_\_\_\_\_

Address \_\_\_\_\_

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